

Milepost

County, location

I-40 Westbound Lane

- 364 Duplin, at N.C. 24 near Warsaw *
- 324 Johnston, 1 mi. north of U.S. 301 (near Benson)
- 177 Davie, 18 mi. west of Winston-Salem
- 136 Catawba, 10 mi. east of Hickory
- 82 McDowell, 1 mi. west of Marion
- 10 Haywood, 10.5 mi. east of T.N.

I-26 Eastbound Lane

- 10 Buncombe, 12 mi. east of Asheville *

I-26 Westbound Lane

- 36 Polk, 3 mi. north of S.C. (Welcome Center)
- 10 Henderson, 12 mi. east of Asheville *

Primary Highway Rest Areas

County, Location

U.S. Routes

- 17 Camden, 1 mi. south of V.A. (Visitor Center) *
- 17 Craven, 11 mi. north of New Bern
- 17 Brunswick, at Shallotte (Visitor Center)
- 19A/129 Cherokee, at S.R. 1388 near Andrews
- 23/74 Haywood, 1 mi. north of Blue Ridge Pkwy.
- 29 Caswell, 2 mi. south of V.A. (Visitor Center)
- 64 Washington, at Plymouth
- 64 Tyrrell, at Columbia (Visitor Center) *
- 64/264 Dare, 2 mi. west of Manteo
- 70 Craven, at S.R. 1225 near Clarks
- 70 Carteret, at Morehead City (Visitor Center) *
- 158 Currituck, 1.5 mi. south of Coinjock
- 158 Dare, at Kitty Hawk (Visitor Center)
- 220 Richmond, 1 mi. north of Ellerbe *
- 221 Watauga, 2 mi. west of Blowing Rock
- 221 McDowell, at S.R. 1195 (Visitor Center) *
- 258 Hertford, 1 mi. north of Murfreesboro
- 264 Hyde, at Englehard
- 421 Sampson, 10 mi. south of Clinton
- 421 Watauga, at Deep Gap, 8 mi. east of Boone
- 441/23 Macon, 4 mi. south of Franklin (Visitor Center)

N.C. Routes

- 705 Moore, south of Westmoore



Operation Rest Assured

Rest area safety is a top priority in North Carolina. For your security, the NCDOT Division of Motor Vehicles Enforcement Section conducts *Operation Rest Assured*, a statewide rest area safety and surveillance patrol program. As you travel, be aware of surroundings – please report unusual and suspicious activities. To make a non-emergency report, comment or for more information about *Operation Rest Assured*, call the DMV Enforcement Section at (919) 861-3185.

For help during an emergency call, 911 (*HP from a mobile phone) to contact the N.C. Highway Patrol and other law enforcement agencies.

Loitering, camping, soliciting, consuming alcoholic beverages and staying overnight are prohibited at North Carolina's Rest Areas.



Various recycling facilities are available at all rest areas and welcome centers for travelers. Recycling options may include aluminum cans, clear, green and brown glass, newspaper and plastic beverage containers.

For more information:

Roadside Environmental Unit
Rest Area Section
P.O. Box 25201, Raleigh, N.C. 27611
(919) 733-2920

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North Carolina Department of Transportation

Rest Area System

North Carolina's

Highway Rest Areas

offer opportunities for

convenient, brief

stops and provide

easy roadside

access to public

restrooms, drinking

water and telephones,

24-hours, every day.

Locations Interstate Highway Rest Areas

Milepost County, location

I-95 Northbound Lane

- 5 Robeson, 5 mi. north of S.C. (Welcome Center) *
- 47 Cumberland, 1 mi. south of Fayetteville
- 99 Johnston, 2 mi. north of Selma
- 142 Nash, 1.5 mi. north of Dortches

I-95 Southbound Lane

- 181 Northampton, .5 mi. south of V.A. (Welcome Center) *
- 142 Nash, 1.5 mi. north of Dortches
- 99 Johnston, 2 mi. north of Selma
- 47 Cumberland, 1 mi. south of Fayetteville

I-85 Northbound Lane

- 2 Cleveland, 2 mi. north of S.C. (Welcome Center)
- 59 Cabarrus, 1 mi. north of Concord
- 99 Davidson, 1 mi. southwest of Thomasville
- 139 Alamance, 3 mi. west of Burlington
- 199 Granville, 6 mi. south of Oxford

I-85 Southbound Lane

- 231 Warren, 2 mi. south of V.A. (Welcome Center) *
- 199 Granville, 6 mi. south of Oxford
- 139 Alamance, 3 mi. west of Burlington
- 99 Davidson, 1 mi. southwest of Thomasville
- 59 Cabarrus, 1 mi. north of Concord
- 5 Cleveland, 2 mi. south of Kings Mountain

I-77 Northbound Lane

- 1 Mecklenburg, 1.5 mi. north of S.C. (Welcome Center)
- 39 Iredell, 4 mi. north of Mooresville
- 72 Yadkin, 1 mi. south of U.S. 421

I-77 Southbound Lane

- 106 Surry, at V.A./N.C. line (Welcome Center) *
- 63 Iredell, 1 mi. south of N.C. 901
- 39 Iredell, 4 mi. north of Mooresville

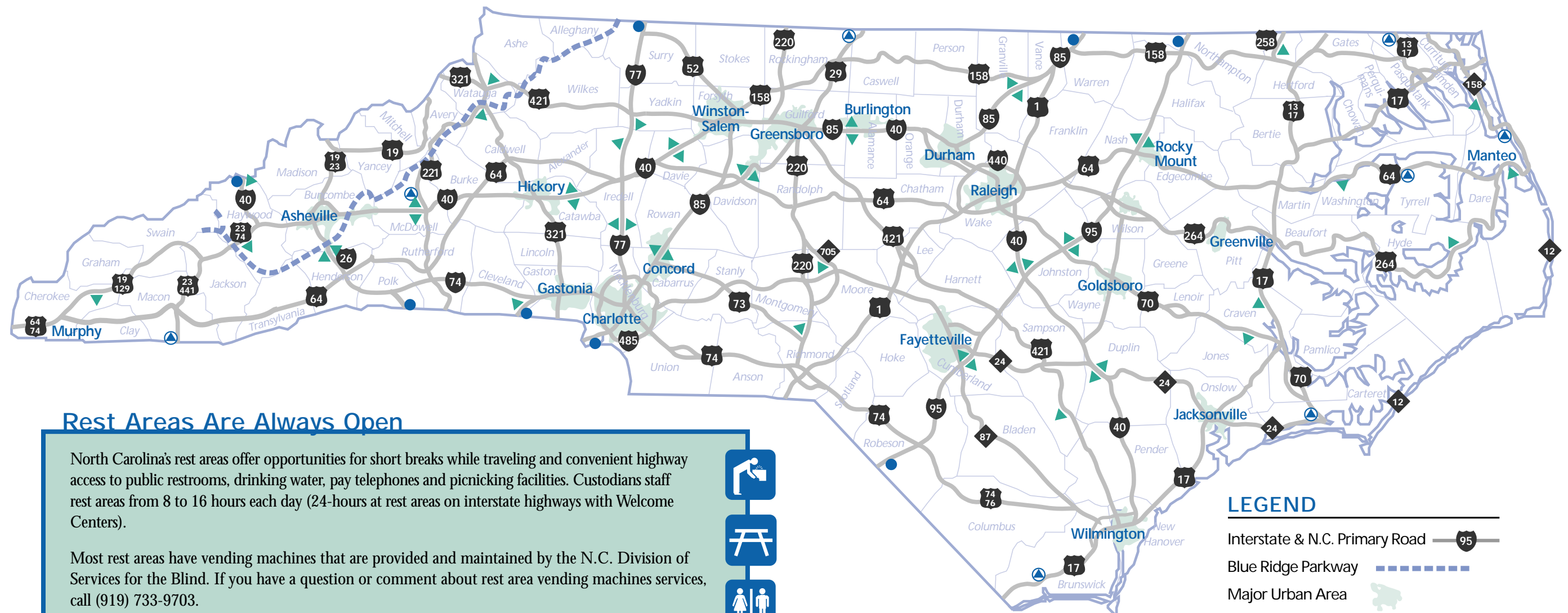
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Restrooms for individuals needing assistance *

Rest Area System

North Carolina Department of Transportation



Rest Areas Are Always Open

North Carolina's rest areas offer opportunities for short breaks while traveling and convenient highway access to public restrooms, drinking water, pay telephones and picnicking facilities. Custodians staff rest areas from 8 to 16 hours each day (24-hours at rest areas on interstate highways with Welcome Centers).

Most rest areas have vending machines that are provided and maintained by the N.C. Division of Services for the Blind. If you have a question or comment about rest area vending machines services, call (919) 733-9703.

Travel information is provided by the N.C. Travel and Tourism Division (1-800-VISIT-NC) at Interstate Welcome Centers or by local civic organizations at Visitor Centers. All are open 8 a.m. to 5 p.m. daily.



North Carolina Rest Areas, Welcome Centers and Visitor Centers provide equal access to all visitors.

LEGEND

Interstate & N.C. Primary Road 

Blue Ridge Parkway 

Major Urban Area

▲ N.C. Rest Area

- N.C. Welcome Center/Rest Area

 Visitor Center/Rest Area